

We would like to share, Fred's Story - Fighting Loneliness, from Govenek Active Living Hub (Formerly Newquay Day Centre).

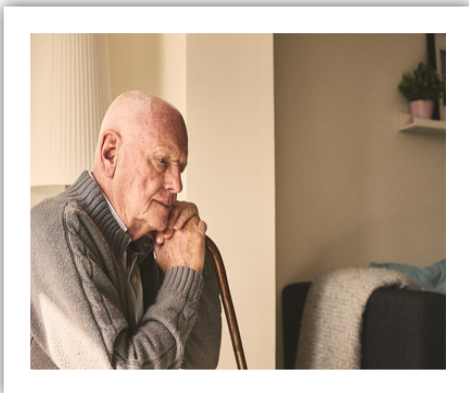
## Fred's Story

Fred is 79 years young and resides in a small Cornish town just outside Newquay. Unfortunately, Fred lost his wife several years ago and has no immediate family.

**Fred is in the early stages of dementia, is very isolated and misses the connection of others.** His condition has been exacerbated due to recent COVID restrictions and the closure of his local men's social group.

Fred has a passion for music, enjoys local news & sport and gained pleasure from walking along the Newquay coastline - in recent months, the latter has become more challenging due to Fred's lack of confidence and decreasing mobility.

Alice and Govenek Hub were called to see if they could support Fred. Their goal was to develop a tailored package of care that re-connects Fred with others and meets his needs.



## Joining Govenek

Fred came to Govenek a few months ago, joining a small 'bubble' for a few taster sessions and activities. We were able to assess what support and groups were right for Fred.

*"Recently, it has been harder to stay happy and keep connected - Govenek has helped me meet new people and try new things"*  
*'Fred'*

Following those first sessions and conversations, we were able to find out what would make Fred safe, healthy and happy. Initially, we arranged x2 wellbeing sessions per week and delivered warm healthy meals and newspapers using our Electric Vehicle. We also agreed that it was essential that Fred received a scheduled weekly welfare visit, this would help reduce his anxiety and slowly introduce him to our clients. In early September, we added Fred to our online group sessions and introduced Cognitive Stimulation Therapy (CST) at Govenek Community Hub.

In the last few weeks, Fred has really found his feet at Govenek - joining social 'bubbles', enjoying lunch and activities such as, 'Move More', a falls prevention group. We hope that by building up Fred's strength, we can get him out enjoying those beautiful Cornish beaches again.

We are so proud of Fred and all that he has achieved - together we are working hard to fight against loneliness. **Our plan for the future is to focus activities around Fred, his memories and life stories- making him feel special and connected.**

*“Our belief is that each person must be supported to live the life they want, to the best of their abilities. Our friendly staff & volunteers are always on hand to help, assist and develop a tailored package of care” - Alice Von Kohler*

## Govenek Active Living Hub

Despite the challenges thrown at us this year, Govenek Community Hub has been open for the period between the 1st January and 30th November 2021. *The following are just a few key indicators that highlight the support we provide:*

- In total, we have supported **1,464 people sessions**, for either a 2 hour or 3 hour attendance, which includes a warm healthy meal and refreshments.
- We trained **all Active Living staff and volunteers in MiDAS (driver training)** - this ensured we were able to consistently provide welfare support, essential supplies and get ‘bubbles’ to and from the community hub.
- **A projector and laptop’s** were donated to the centre. This enabled us to provide a interactive style of group activity.



- In the early part of the year, the groups met in the smaller room while the main part of the building was **redesigned & redecorated**, providing a more dementia friendly building.

- **201 welfare visits** were carried out to support those who were not able to attend the hub
- **46 shopping trips** for those who could not get out, many of these used the Electric Vehicle, based in Newquay.
- Regular welfare support calls were made **each week to 2/3 people** who have been unable to attend the centre.

- **From September 2021, we expanded our activities.** A walking group started with an average of 3/4 people taking part each week and the Knit & Natter recommenced, with 4/5 people attending.

- **Happy Voices has continued throughout the year as a digital resource, with increasing attendance.**

- In late September, **the Memory Cafe started at Govenek**, with 6/7 attending every week.

- **Dementia Friends and the Carers Group** are also starting early in 2022.

-The **revamping of the salon** has been completed and in 2022 the treatment room will be cleared and re-posed.

*“Govenek is a base that supports, engages and connects people like never before. It’s aim is to offer a wide range of activities, services and resources that improve the health & wellbeing of individuals in and around Newquay.”*